

# **Sustainable Approaches to Nutrition in Africa**

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## **Annual Program Report, Year Six**

(October 2000-September 2001)

**and**

## **Work Plan, Final Six Months**

(October 2001-March 2002)

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ACC/SCN	United Nations Administrative Committee on Coordination, Sub-Committee on Nutrition
AED	Academy for Educational Development
AFR/SD	Bureau for Africa, Office of Sustainable Development
ALC	Active Learning Center
BASICS	Basic Support for Institutionalizing Child Survival
CAFS	Center for African Family Studies
CRHCS	Commonwealth Regional Health Community Secretariat
GHAI	Greater Horn of Africa Initiative
ECOWAS	Economic Community of West African States
ENDSS	Ecole Nationale de Developpement Sanitaire et Sociale
FANTA	Food and Nutrition Technical Assistance Project
HKI	Helen Keller International
INP	Integrated Nutrition Program
IRSP	Institut Regional de Santé Publique
JICA	Japan International Cooperation Agency
K-CAN	Kenya Coalition for Action on Nutrition
LINKAGES	Breastfeeding, Complementary Feeding, and Maternal Nutrition Project
MINIPAK	Minimum package for child survival
NID	National Immunization Day
NIH	National Institutes of Health
NGO	Nongovernmental organization
PAIN	Paquet d'Activités Intégrées Nutrition
PROFILES	Computer software for nutrition policy analysis and advocacy
RCQHC	Regional Center for Quality of Health Care
REDSO	Regional Economic Development Office for USAID
SANA	Sustainable Approaches to Nutrition in Africa
SARA	Support for Analysis and Research in Africa

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## ***Acronyms***

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SMART	Specific, Measurable, Achievable, Realistic, Timebound
UNICEF/ESAR	United Nations' Children's Fund/East and Southern Africa Region
USAID	United States Agency for International Development
UWC	University of the Western Cape
WAHO	West African Health Organization
WARO	West African Regional Office

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## **Introduction**

The Sustainable Approaches to Nutrition in Africa (SANA) Project is a six and one-half-year Cooperative Agreement between the Academy for Educational Development (AED) and the Bureau for Africa, Office of Sustainable Development (AFR/SD) of the U.S. Agency for International Development (USAID) to support program-oriented nutrition research and training in Africa.

The SANA Project works in partnership with African institutions, networks, and nutrition centers of excellence to strengthen regional pre-service and in-service training programs in nutrition; to conduct and disseminate results of research to improve nutrition-program design, management, implementation, and evaluation; and to improve nutrition-information dissemination, advocacy, and networking in Africa. SANA's expected results are:

- ◆ Individual and institutional capacity for nutrition program design, implementation, management, and evaluation strengthened in Africa.
- ◆ Innovative nutrition training approaches institutionalized within existing African institutions, networks, and centers of excellence.
- ◆ Diffusion of lessons learned and better practices for nutrition improvement increased in Africa.
- ◆ Nutrition advocacy capacity and implementation enhanced in Africa.

These results, and the activities implemented in support of them, contribute to the following Africa Bureau Nutrition Results (NR):

- ◆ Increased African commitment to addressing nutrition-related problems (NR 1).
- ◆ Strengthened African regional and national capacity to plan, manage, implement, and evaluate nutrition-related policies and programs (NR 2).
- ◆ Increased joint planning and programming with USAID partners and other donors on nutrition-related activities (NR 4).

As outlined in the Work Plan, SANA planned to complete these activities during Year 6:

### **In East, Central, and Southern Africa:**

With the University of the Western Cape:

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- ◆ Finalize Volume Two of the INP Manual; *(nearly complete)*
- ◆ Assist with dissemination of INP materials and lessons learned; *(nearly complete)*
- ◆ Assist with the testing and revision of the distance learning materials; *(in progress)* and
- ◆ Assist with facilitation and institutionalization of the nutrition advocacy course. *(complete)*

With the Commonwealth Regional Health Community Secretariat:

- ◆ Provide technical assistance, as needed, for activities being jointly supported by the SARA Project. *(continuous)*

With UNICEF/ESAR:

- ◆ Provide technical assistance to countries on the Caring Practices Initiative, as needed; *(not requested)*
- ◆ Participate in regional meetings for disseminating lessons learned and SANA nutrition tools and products; *(continuous)* and
- ◆ Participate in the April 2001 ACC/SCN meeting on HIV and nutrition. *(completed)*

With LINKAGES/GHAI:

- ◆ Provide technical support to nutrition advocacy coalitions in Kenya, Uganda, Tanzania; *(continuous)* and
- ◆ Provide assistance with regional dissemination activities, including a dissemination workshop on promising practices. *(not completed)*

With Karen College:

- ◆ Provide technical assistance to introduce SANA/SARA nutrition tools and training manuals into the Karen curricula. *(not completed)*

**In West Africa:**

With BASICS/Regional Office:

- ◆ Facilitate introduction of existing nutrition training modules to pre-service training institutions in the region; *(in progress)*
- ◆ Facilitate introduction of existing nutrition tools and training modules to NGO networks; *(not completed)* and



- ◆ Participate in the establishment of Active Learning Centers (ALC) for integrated essential nutrition actions in Benin and Senegal. (*not completed*)

With the WAHO/Nutrition Focal Point Network:

- ◆ Provide technical assistance for the planning and implementation of the Nutrition Focal Point meeting in Ghana, 2001; (*completed*)
- ◆ Provide technical assistance for the HKI-supported West Africa Nutrition Focal Point website and listserve; (*completed*)
- ◆ Provide technical assistance for documentation of the impact of PROFILES activities in the region; (*completed*)
- ◆ Finalize and disseminate West Africa Nutrition Briefs; (*in progress*) and
- ◆ Participate in discussions related to the role of nutrition in the WAHO. (*completed*)

With Helen Keller International/West Africa Region:

- ◆ Continue discussions on future information sharing/networking and capacity development priorities and prepare a proposal for funding this effort. (*partially completed*)

With the Africa Nutrition Leadership Initiative:

- ◆ Participate in future dialogue and regional follow-up to move this initiative forward. (*completed*)

**In the Home Office:**

- ◆ Continue active dissemination of SANA materials and lessons learned; (*in progress*)
- ◆ Complete documentation of SANA activities and impact, and disseminate; (*in progress*)
- ◆ Conduct the final evaluation of the project and disseminate the results; (*completed*) and
- ◆ Participate in Regional and Global meetings to discuss nutrition capacity development, information sharing and advocacy in Africa, and to present SANA lessons. (*partially completed*)

### **Year Six Activities and Accomplishments**

SANA and its partners were able to complete most of the planned activities for Year 6. Some activities were not undertaken because of changing priorities in our partner organizations and/or human resource constraints. The activities, accomplishments, and constraints are described below.

#### **In East, Central and Southern Africa:**

SANA succeeded in implementing nearly all planned activities for Year 6 as described below.

#### **1. The University of the Western Cape (UWC)**

##### **A. Finalizing Volume 2 of the Integrated Nutrition Programming (INP) Manual**

Throughout the year, SANA provided technical assistance and support to finalize Volume Two of the INP Manual. Volume Two covers the following topics: 1) programme planning; 2) developing a programme implementation plan; 3) human resource development; 4) developing a budget; and 5) monitoring and evaluation.

UWC pilot-tested the manual in its summer school session in January 2001. This piloting was followed by substantial revisions and editing. The revised manual has been sent to the publisher for final layout and formatting. The manual will be checked in November 2001, and ready for printing. The final version of Volume Two is expected to be ready for distribution in January 2002.

##### **B. Dissemination of INP Materials and Lessons Learned**

The two volumes of the INP Manual, together with the manuals on how to conduct a situation assessment and the management of severely malnourished children, will be used for training district level health workers in the nine provinces in South Africa. The INP manual is also being used as the main text for twice-yearly short courses offered by the UWC in its summer and winter school programs, as well as for a distance learning certificate program. Students in these courses come from various Southern African countries.

During this project year, SANA provided assistance to the UWC to develop a strategy for further dissemination of the INP Manuals and other SANA tools and training packages. This plan includes assisting universities and training institutions to incorporate the INP Manual in pre-service training curricula for public health workers, nurses, clinical officers, and nutritionists. Enquiries have already been received from Lesotho,

Mozambique, and Zimbabwe. The plan also envisions contacting nongovernmental organizations that are working on nutrition programs to introduce the materials and explore opportunities for their use. Possible NGO partners include Helen Keller Worldwide, with offices and programs in Mozambique and South Africa, CARE, and other South African organizations. Finally, the plan includes sharing information and materials with the Commonwealth Regional Health Community Secretariat, the Regional Center for Quality of Health Care, the Center for African Family Studies (CAFS), and other USAID partners, in order to increase the use of these materials in the East Africa region.

UWC displayed copies of all their materials, including the INP manuals, at the International Nutrition Congress, held in Vienna, Austria, in August 2001. Numerous requests for materials and training have been received as a result of that meeting. Additional support from other donors is being sought to facilitate the introduction of these tools in the region.

### **C. Testing and Revision of the Distance Learning Materials**

The first three modules for the diploma in community nutrition are currently being used by 120 students who are enrolled in the program. These modules include 1) primary health care, 2) health systems research; and 3) management for health promotion. The following modules and sessions are still in various stages of development and testing.

- Nutrition Programming (3 sessions)
- Practicum
- Health Promotion (4 sessions)
- Community Participation
- Technical Situation Assessment (1 session)
- Management Information Systems (4 sessions)
- Monitoring and Evaluation (6 sessions)
- Human Resource Development (4 sessions)
- Triple A and Conceptual Framework (1 session)
- Targeting, Coverage (1 session)
- Financial Management and Resources (3 sessions)
- Advocacy/Policy (6 sessions)
- Integrated Nutrition Programme (1 session)
- Assignment

## ***Year Six Activities and Accomplishments***

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The distance education programme of the UWC has great potential for reaching large numbers of health workers in Southern Africa. Distance education has been accepted as an alternative measure to respond to growing educational and training needs which are not easily met or which are impossible to meet in traditional forms of education. Distance education methods have the advantage of being able to provide educational and training opportunities to a large number of adults who have been deprived of an education or have had their education cut short. The UWC Public Health Programme has realized the potential of distance education to set up cost effective programs for large numbers of learners and benefit from economies of scale. This will be done in order to reach learners at all levels, in scattered communities covering large geographical areas and to train health care providers, extension officers and others who are already working and cannot be away from their jobs for more than a few weeks.

UWC plans to have the final versions of the Nutrition modules for the distance learning program completed in December 2001.

### **D. Facilitation of the Course on Nutrition Advocacy/PROFILES**

UWC offered the short course in Nutrition Advocacy/PROFILES for provincial health and nutrition officers in February 2001. During the course, provincial officers learned about the PROFILES software and advocacy skills. Directors of nutrition identified policy gaps and developed advocacy plans for their provinces. UWC will continue to offer a short course in nutrition advocacy in the summer school 2002.

## **2. The Commonwealth Regional Health Community Secretariat (CRHCS)**

SANA provided technical support to CRHCS for the implementation of activities supported by the SARA Project, and for joint activities with LINKAGES/GHAI. These are described below.

### **A. PROFILES Monitoring and Impact Documentation**

Beginning in April 2001, several USAID collaborating agencies, including SARA, BASICS, LINKAGES and SANA initiated an assessment of the impact of the PROFILES process for nutrition advocacy in West, East and Southern Africa. This assessment was carried out in collaboration with the West Africa Health Organization (WAHO) and CRHCS. The assessment included in-person and telephone interviews from more than 50 key informants. The topics covered included the nutrition environment prior to PROFILES training and advocacy; the impact of PROFILES on policies, programs, and capacity within countries; and lessons learned from the PROFILES experience.

SANA regional advisors, together with CRHCS conducted and analyzed all of the interviews from East and Southern Africa. The data are now being analyzed and a final report of the evaluation is expected in November 2001.

**B. Preparation for the Nutrition Experts/Focal Points Meeting**

CRHCS periodically convenes a meeting of their Nutrition Experts/Focal Points and members of their sub-committees on training and research to discuss strategic issues, and provide guidance to the Secretariat and Health Ministers on issues relating to food and nutrition in the region. This year, CRHCS planned to hold a Nutrition Experts meeting to discuss the regional nutrition strategy in light of the HIV/AIDS epidemic.

SANA provided technical assistance to CRHCS to plan this meeting, which was originally scheduled for October 2001. Unfortunately, sufficient resources could not be mobilized to hold the meeting as originally planned. The meeting was postponed until February or March 2002.

**C. Updating and Evaluating the Nutrition Briefs**

The CRHCS initiated an evaluation this year of the use and dissemination of the Nutrition Briefs, an advocacy brochure developed in collaboration with the SARA Project. SANA worked with CRHCS to develop the questionnaire, which was sent to known recipients of the Briefs in July 2001. CRHCS expects to have responses to this questionnaire by mid-October. A final report on the use of the Briefs and ways to improve their dissemination is expected in December 2001.

In addition to this evaluation, SANA also worked with CRHCS to revise the Brief on Nutrition and HIV/AIDS. The revised Brief, which addresses the extent of the HIV/AIDS problem, the impact on food security and nutrition in the region, and recommendations for care and support, is currently being disseminated at nutrition meetings in the region. The new Brief was also distributed at the annual Health Ministers' meeting in October 2001. The new Brief will also be included in all future mailings of the entire Nutrition Briefs packet.

The nutrition and HIV/AIDS Brief has been adapted to the West African context and translated into French. This paper was distributed at the West Africa Nutrition Focal Point meeting (described later).

**D. Facilitating PROFILES Regional Training**

During Year 6 of the project, SANA provided technical assistance to the CRHCS to plan a regional PROFILES training for five countries in East and Southern Africa, including

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Malawi (host country), Mauritius, Seychelles, Zambia, and Zimbabwe. This PROFILES training was supported by USAID/REDSO and included technical assistance from LINKAGES/AED and the Regional Center for Quality of Health Care (RCQHC).

The objectives of the PROFILES regional training workshop were to enable participants to:

- ◆ Describe national nutritional policy gaps and priority actions;
- ◆ Design an appropriate advocacy strategy;
- ◆ Calculate the functional consequences of major nutritional problems;
- ◆ Develop a compelling computer-based presentation and scripts;
- ◆ Make effective presentations; and
- ◆ Network and communicate with other nutritionists in the region.

By the end of the training, all five country-teams had developed a computer-based presentation of their nutrition situation and advocacy messages, using PowerPoint and a script. Each team also developed an advocacy plan for advancing the nutrition agenda in their respective countries. Three of the five country teams (Malawi, Zambia and Zimbabwe) focused their advocacy efforts on reducing micronutrient malnutrition while the other two countries (Mauritius and Seychelles) developed presentations on diseases of lifestyle such as obesity, diabetes, hypertension and cardiovascular diseases.

As the first step in their advocacy plan, all countries agreed to call for a meeting to brief their respective ministries and to present PROFILES. They will then plan another advocacy event and call other allies to form a network so that the nutrition community presents a common message and speaks with one voice in each country.

### **3. Collaboration with UNICEF/ESAR**

#### **A. Technical Assistance to UNICEF on the Caring Practices Initiative**

Due to changing priorities in the UNICEF/ESAR office and within country offices, the planned training on the Caring Practices Initiatives had to be postponed, despite the fact that several countries in the region had requested it.

#### **B. Participation in Regional Meetings to Disseminate Lessons and SANA Nutrition Tools**

SANA participated in two regional meetings organized by UNICEF/ESAR this project year. The first meeting was the annual gathering of the UNICEF nutrition network held in Nairobi. SANA presented work on PROFILES, including a presentation of the advo-

cacy presentation on nutrition and education in Kenya. The second meeting was a consultation on HIV and infant feeding. SANA presented a paper on challenges associated with early breastfeeding cessation for women with HIV.

#### **4. Participation in the REDSO/LINKAGES Greater Horn of Africa Initiative**

##### **A. Support to the Region Nutrition Advocacy Coalitions**

Throughout the year, the SANA Regional Advisor in Nairobi provided technical support to the Kenya Coalition for Action in Nutrition (K-CAN). This support included assistance with the conceptualization and organization of a strategic planning workshop for the young organization and with the development of a PROFILES presentation to the UN Sub-Committee on Nutrition, which held its annual meeting in Nairobi.

##### **B. Dissemination of Promising Practices and Tools**

SANA planned to support activities to disseminate promising practices and tools this year through work supported by the GHAI. This activity has yet to take place due to other work demands and human resource constraints.

#### **5. Other Activities and Partners**

##### **A. Karen College of Nutrition**

The SANA Regional Advisor for East and Southern Africa met on several occasions with the faculty of the Karen College of Nutrition, a Kenyan institution responsible for training community nutrition workers and program managers. The purpose of these meetings was to share SANA tools and experience and assist the College with a review of their curricula and identify areas where SANA tools and materials could be used. Karen is currently receiving support from the Japan International Cooperation Agency (JICA) for these activities. It is not clear how far Karen College has gone in their curricula review and updating process. All materials were shared and a proposal to JICA for further assistance was recommended.

##### **B. UN Sub-Committee on Nutrition**

SANA participated in this year's SCN Symposium on HIV and Nutrition and the annual meeting held in April 2001 in Nairobi. During the SCN Meeting, the SANA Regional Advisor for East and Southern Africa helped the Kenya Coalition for Action in Nutrition, (K-CAN) present their PROFILES presentation on the impact of nutrition on education. SANA Project Director, Dr. Ellen Piwoz, was a rapporteur for the HIV and

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Nutrition Symposium, assisting with the drafting of a summary statement capturing the main conclusions and recommendations from the day of presentations.

### **In West Africa:**

#### **1. With BASICS/Regional Office**

##### **A. Facilitate introduction of existing nutrition tools and approaches to pre-service training institutions in the region**

The BASICS Regional Nutrition Advisor has held two meetings with authorities at the Institut Regionale de Santé Publique (IRSP) to explore their interest in holding a regional workshop to introduce SANA and other tools into pre-service training in the West Africa region. The IRSP is interested in hosting a regional workshop for trainers from 14 public health institutions from eight Francophone West African countries. A concept paper for the initiative has been developed and translated into French in order to obtain funding from BASICS and other donors. This concept paper, together with invitation letters, will be sent to all the public health institutions in October 2001. The concept paper includes a tentative workshop program and list of tools to be introduced at the workshop, as well as a budget. Progress has been hindered by the difficulty in identifying a suitable facilitator for the workshops. It is now planned to host the workshops in the first quarter of 2002.

##### **B. Finalizing the Nutrition Essentials Training Modules**

In the first half of this year, Kinday Samba Ndure, SANA West Africa Regional Advisor, worked with the BASICS Regional Nutrition Advisor to standardize for use in the region the Nutrition Essentials Training Modules developed with the Government of Mali.

In April 2001, SANA appointed a consultant, Ms. Cheryl Combest, to review the first draft of the standardized regional modules. The purpose of the review was to evaluate the objectives of each module to determine if they are SMART (Specific, Measurable, Achievable, Realistic, Timebound), review the usefulness and suitability of the training activities proposed for meeting the objectives, assess the clarity and sequence of the sessions within each module and between modules, assess the technical content of the modules for their validity, and propose recommendations for improving the overall content, the sequence of content, layout and user-friendly style of the modules.

The report of the review was submitted to SANA in August 2001. Recommendations are currently being incorporated. In response to a request for assistance from the Nutrition Division of the Ministry of Health in Mali, Ms. Ndure, accompanied Dr. Serigne Mbaye Diène, BASICS Regional Nutrition Advisor, and Momadou Sene, BA-



SICS Regional Training Advisor, to Bamako, Mali to facilitate the first training-of-trainers session on the Mali version of the Nutrition Essentials Training Modules. The main purpose of the training was to develop capacity in nutrition training for 11 trainers from the national level and 3 from regional levels, and conduct a final validation of the modules. Lessons learned from this exercise have also been incorporated into the standardized regional modules.

**C. Introduction of Nutrition Tools and Training Modules to NGO Networks**

Last year, plans were made for the IRSP to work in partnership with SANA and BASICS to introduce the existing nutrition tools and training modules to NGO networks working in community nutrition programs. Like the plan for pre-service curricula, this was expected to be accomplished through a series of in-country workshops for NGO staff. The workshops will be funded by BASICS and other partners in the region. Unfortunately, there was no progress implementing this activity during the calendar year. Hopefully, this work will be carried out in early 2002, following the pre-service training workshop.

**D. Participate in the Establishment of Active Learning Centers (ALC)**

Only limited further progress was made this year with the establishment of the Active Learning Centers. The Ecole Nationale de Developpement Sanitaire et Sociale (ENDSS) was identified as the main implementing partner for the approach in Senegal. Progress was limited this year because the BASICS/Senegal focus has been on consolidating on gains made with the PAIN program to ensure that all components of the MINPAK strategy are operating at health facility levels prior to transforming health facilities implementing the PAIN program into Active Learning Centers.

IRSP will participate in the ALC in Benin. Because of competing priorities in the BASICS/Benin program, this activity has not been carried out.

**2. With the WAHO/Nutrition Focal Point Network**

**A. Planning and Implementation of the Nutrition Focal Point Meeting in Ghana, 2001**

As a member of the international planning committee, SANA Regional Advisor, Ms. Ndure, represented the SANA project at all three planning meetings for the 6<sup>th</sup> Annual Nutrition Focal Points Meeting held in Accra, Ghana September 24-28, 2001. Dorcas Lwanga, SANA Nutritionist, also attended the first planning meeting. The planning meetings were financed with a grant from the World Bank to WAHO and administered

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by SANA/AED. At the request of the Nutrition Focal Point Network, SANA hired consultant, Dr. Andre Zeiman, to assist with the meeting planning and facilitation.

At the Annual Focal Points Meeting, SANA advisors served as resource persons and prepared presentations on two of the seven sub-themes of the technical update session on Maternal and Adolescent Nutrition. Ms. Ndure prepared and presented a paper on Women's Nutrition during Pregnancy and Lactation, and Dr. Piwoz and Ms. Lwanga prepared a paper on the Nutrition Needs of Women living with HIV and Aids in West Africa. Unfortunately, due to the September 11 tragedy, neither Ms. Lwanga nor Dr. Piwoz could attend the annual meeting. Their paper was presented by Dr. Robert Mwadime, Regional Center for the Quality of Health Care, Makerere University, on their behalf.

This year's meeting was extremely important in that it was the first meeting held under the auspices of the West African Health Organization. The recommendations from this meeting included the following:

### At the National Level:

- ◆ Advocacy for greater political commitment and investment in support of nutrition in general and women and adolescent nutrition in particular.
- ◆ Revision of existing health, nutrition and other sectoral policies that impact on nutrition to ensure that they adequately address maternal and adolescent nutrition issues.
- ◆ Strengthening and enforcement of existing legislation which protect and support adolescent health and nutrition and respect women's rights.
- ◆ Integration of the gender approach into all development policies.
- ◆ Development of policies and strategies to address micronutrient deficiencies among women and adolescents.
- ◆ Establishment and strengthening of multisectoral structures and actions for coordinating activities that promote maternal and adolescent nutrition.
- ◆ The enforcement of the Code of marketing of breast milk substitutes by all governments for the protection and support of breastfeeding.
- ◆ Advocacy for the expansion of health services to address the nutritional needs of adolescents and non-pregnant women.
- ◆ Advocacy for more sustainable approaches to reducing micronutrient deficiencies, including food fortification.
- ◆ Integration of the essential actions for adolescent and maternal nutrition into routine health services and community-based activities.

- ◆ Strengthening of health worker skills in nutrition counseling for effective behavior change.
- ◆ Development of nutrition education programs that target adolescents through both formal and informal structures such as schools, religious organization, youth groups and other community based organizations.
- ◆ Strengthening of the supply and distribution system for micronutrient supplementation.
- ◆ Strengthening of the nutritional component of family planning and reproductive health services.
- ◆ Generation of scientifically sound information for the development of convincing arguments to guide advocacy and policy formulation in favor of adolescent and women's nutrition.
- ◆ Support the revision and strengthening of national pre-service curricula for health worker training in nutrition incorporating new nutrition paradigms and program oriented approaches.

At the Regional Level:

- ◆ WAHO with the assistance of international partners is to organize training programs for strengthening capacity in the planning and implementation of effective interventions for improving maternal and adolescent nutrition.
- ◆ Advocacy for resolutions at the level of heads of state that support and prioritize the nutrition of women and adolescent.
- ◆ WAHO to solicit support from international partners for the development of generic guidelines and policies on HIV/AIDS and nutrition.
- ◆ WAHO to facilitate the advocacy process to make nutrition a development priority in the region.

The meeting identified the following priority actions to be addressed within the next twelve months:

- ◆ The development and adoption of national nutrition policies in all ECOWAS member countries.
- ◆ Expansion of systematic and evidence-based advocacy efforts in support of greater investment for nutrition using PROFILES.
- ◆ Integration of the essential actions for adolescent and maternal nutrition into routine health services and community-based activities.

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- ◆ Establishment of a multisectorial consultative group on nutrition in all ECOWAS member countries in order to start building a broad and influential nutrition advocacy coalition.
- ◆ Development and strengthening of behavior change and communication strategies as part of nutrition education programs.
- ◆ Partners to support the documentation and dissemination of best practices and lessons learned in maternal and adolescent nutrition activities.
- ◆ WAHO to establish a databank on maternal and adolescent nutrition information in the region and to ensure dissemination in the region.
- ◆ The development of action plans to collect reliable, comprehensive national data on nutrition in all ECOWAS member countries.
- ◆ Countries to revitalize and strengthen the Baby Friendly Hospital Initiative and to expand coverage through the adoption and implementation of the Baby Friendly Community Initiative.

Seizing the opportunity presented by international efforts for poverty reduction and capacity development in the region, the meeting recommends:

- ◆ Nutrition Focal Points should work with other sectors to ensure that nutrition is an integral component of the national Poverty Reduction Strategy Papers.
- ◆ The development of an advocacy strategy and tools that demonstrate how nutrition contributes to poverty reduction.
- ◆ The endorsement of the Africa Nutrition Leadership Initiative for capacity development in nutrition in the West and Central Africa region.

In relation to the work embarked on to develop a strategic framework, strategy, and action plans for the regional network, the meeting recommended:

- ◆ The re-invention of the Annual Nutrition Focal Points Meeting to respond to the needs for learning, professionalisation, advocacy and up-scaling of interventions as presented in the new strategic framework.
- ◆ The design and implementation of one high profile regional activity such as a regional advocacy campaign in order to build stakeholder coalitions, political and popular commitment to the nutrition agenda.
- ◆ The development of innovative approaches and ideas for integrating the use of information technologies e.g., the Focal Points website into the above activities as well as their daily work.
- ◆ The suggestion of models for effective and sustainable coordinating mechanisms of the regional network and the relationship between the national and regional networks.

- ◆ The clarification of the role, function and mandates of the Focal Points and suggestions as to how these can become action- and learning-friendly Focal Points.

The theme for the 2002 meeting in The Gambia is “Nutrition as a Key to Sustainable Human Development.

#### **B. West Africa Nutrition Focal Point Website and Listserve**

Ms. Ndure made regular contact this year with the HKI Information Specialist to improve the quality of the Focal Points website, and to revitalize and encourage use of the listserv developed by HKI as a means of facilitating communication between the Nutrition Focal Points. The website will continue to be operated by HKI.

#### **3. Finalize and Disseminate West Africa Nutrition Briefs**

Ms. Lwanga, continues to work on the West Africa Nutrition Briefs. She produced and translated to French one Brief on HIV/AIDS and Nutrition. This Brief was disseminated at the Nutrition Focal Point meeting. The final versions of the Nutrition Briefs will be finished in 2002.

#### **4. Participate in Discussions Related to the Role of Nutrition in the WAHO**

Ms. Ndure held a number of one-on-one discussions with the WAHO director Dr. Kabba Joiner with the aim of defining the role of nutrition in WAHO. WAHO is in the process of planning a roundtable meeting of key nutrition actors in the region, to include SANA, to develop a nutrition strategy and action plan. This meeting is planned for the first quarter of 2002.

#### **5. Africa Nutrition Leadership Initiative**

The SANA West Africa Field Advisor was a member of the core group established to develop the West and Central Africa Action Plan for Capacity Development in Nutrition. This proposal and action plan was developed and presented at the annual UN Sub-committee on Nutrition (SCN) held in Nairobi in April 2001. On behalf of the initiative, Ms. Ndure has also developed a proposal for a series of workshops to develop capacity in nutrition advocacy for nutrition program managers and trainers at nutrition training institutions from West and Central Africa.

#### **6. Helen Keller International**

SANA continued its collaboration with HKI on activities of mutual interest in the region, including the Nutrition Focal Point Network and increasing information dissemi-

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nation in the region. HKI was also a partner in the Africa Nutrition Leadership Initiative and the SANA evaluation.

### **7. Other Activities**

SANA was engaged in a number of regional activities that had not previously included on this year's work plan. SANA Regional Advisor, Ms. Ndure, helped to facilitate the World Bank sponsored regional workshop on Poverty Reduction Strategy planning, held in Senegal in May 2001. She also represented SANA at the ACC/SCN sub-committee on capacity building, presenting her work on the Africa Nutrition Leadership Initiative. Ms. Ndure presented work on the Nutrition Essentials Training modules at the Vienna International Nutrition Congress. She also represented SANA at the Food and Nutrition Summer Institute of Historically Black Colleges and Universities held in Accra, Ghana.

#### **In the Home Office:**

##### **1. Dissemination of SANA Materials and Lessons Learned**

SANA produced several documents this year and several are still in draft, scheduled for completion by the end of the project. The finalized documents produced by SANA and/or its partners include:

- ◆ *Essential Health Sector Actions to Improve Maternal Nutrition in Africa* by Sandra Huffman, Elizabeth Zehner, Philip Harvey, Luann Martin, Ellen Piwoz, Kinday Samba Ndure, Cheryl Combest, Robert Mwadime, and Victoria Quinn. (Available from LINKAGES in English and French)
- ◆ *HIV and Infant Feeding: Risks and Realities in Africa* by Ellen Piwoz. In: *Breastfeeding: Issues and Challenges in the New Millenium*. (Available from SANA in English and LINKAGES in French)
- ◆ *How to Conduct a Rapid Nutrition Situation Assessment* by UWC Public Health Programme. (Available from UWC)
- ◆ *Integrating Nutrition into Health and Development Programmes: A Training Guide Volumes 1 and 2 (draft)* by UWC Public Health Program. (Available from UWC)
- ◆ *Nutrition Brief: Nutrition and HIV in West Africa* by Dorcas Lwanga, Ellen Piwoz, Kinday Samba Ndure, and Boitshepo Giyose (CRHCS). (Available from SANA in English and French)

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## *Year Six Activities and Accomplishments*

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- ◆ *Nutrition Brief: Nutrition and HIV in East, Central and Southern Africa* by Dorcas Lwanga, Ellen Piwoz and Boitshepo Giyose (CRHCS). (Available from SANA)
- ◆ *Nutrition Care and Support for Women Living with HIV/AIDS in West Africa* by Ellen Piwoz and Dorcas Lwanga. (Available from SANA in English and FANTA in French)
- ◆ *Women's Nutrition during Pregnancy and Lactation* by Kinday Samba Ndure. (Available from SANA in English and FANTA in French)

These documents have been actively disseminated at regional meetings including:

- ◆ UNICEF Consultation on HIV and Infant Feeding (Nairobi, October 2001)
- ◆ International Vitamin A Consultative Group Meeting (Hanoi, February 2001)
- ◆ NIH Consultation on HIV Care and Nutrition (Gaborone, March 2001)
- ◆ ACC/SCN meeting on HIV and Nutrition (Nairobi, April 2001)
- ◆ Workshop on Early Breastfeeding Cessation for HIV-Positive Mothers (Durban, June 2001)
- ◆ The International Congress of Nutrition (Vienna, August 2001)
- ◆ The West Africa Nutrition Focal Point Meeting (Accra, September 2001)
- ◆ The CRHCS Health Ministers Conference (Arusha, October 2001)

These documents are also available from AED and are mailed free on request from end-users. Active dissemination will continue to the end of the project and on into SARA. Next year's activities will include structured dissemination to pre-service training institutions and NGO networks.

SANA also prepared several Impact Reviews to document activities and lessons learned. These include:

- ◆ Integrated Nutrition Program: Capacity Building in Southern Africa
- ◆ Nutrition Program Monitoring and Evaluation
- ◆ Nutrition Advocacy
- ◆ The West Africa Nutrition Focal Point Network
- ◆ Collaboration with UNICEF
- ◆ Consultative Research

These impact reviews will be finalized in 2002. The draft versions were used by SANA evaluation (described in later in this report).

## ***Year Six Activities and Accomplishments***

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### **2. Review and Document the Impact of PROFILES**

Beginning January 2001, Ms. Lwanga, Ms. Ndure, and Debbie Gachuhi, SANA East Africa Advisor, participated in several meetings with LINKAGES, to plan and implement the evaluation of PROFILES in Africa. The main objective of this evaluation was to get an understanding of the impact that PROFILES has had in Africa in terms of advocacy, capacity building, and policies, and to make recommendations on how PROFILES can be improved in the future. Qualitative information was gathered through interviews of over 50 key informants from African regional and national institutions and other PROFILES collaborators. Ms. Lwanga, Ms. Gachuhi, and Ms. Ndure assisted in conducting and analyzing of the key informant interviews. The final report of the evaluation is being prepared by Dr. Jay Ross and it will be completed at the end of November 2001.

### **3. Participation in the 17<sup>th</sup> International Congress of Nutrition**

This year's meeting, held in Vienna, Austria, offered the project and its partners an excellent opportunity to disseminate results, tools, and materials to a broad audience of program and policymakers. This dissemination occurred through several presentations of SANA work (by UWC, the Regional Advisors, the SANA director) as well as through materials displayed at the AED Center for Nutrition Booth. This year's ICN also featured a one-day symposium on nutrition in Africa, as well as workshops and a pre-conference satellite meeting on capacity building, where the lessons from the SANA evaluation were discussed.

### **4. Conduct the Final Evaluation of SANA**

A final evaluation was carried out in Year 6 in accordance with the SANA contract and deliverables. After consultation with USAID/AFR/SD, Dr. Milla McLachlan, World Bank Nutrition Advisor, was selected as the evaluation team leader. She was assisted by Dr. Mohamed Ag Bendesh, West Africa Regional Advisor for Helen Keller International (formerly of the Ministry of Health, Mali), and a steering committee comprised of members of USAID, the SARA Project, the African Nutrition Leadership Initiative and African partners.

The goals of the evaluation were to document lessons regarding the effectiveness, sustainability, and impact of the capacity building approaches used in the project; and to make recommendations to USAID (and other interested donors) for future support to achieve the nutrition results of the agency.

The draft report was submitted to SANA in June 2001 and it was reviewed by the steering committee. A final draft was resubmitted in October 2001. The report will be finalized in 2002.



The SANA evaluation team concluded that SANA-supported activities resulted in the creation and dissemination of useful tools for advocacy, training, program-oriented research and program design, implementation, monitoring and evaluation. They said:

*“SANA set a standard for good practice in partnerships by building on existing capacity, and providing ‘challenging support’ to local agendas. SANA also demonstrated good practice in training programs, being concerned with both good process and sound technical content. Not all partnerships succeeded, however, and in those cases the intended goals were not met. To sustain learning and program impact of capacity development activities such as those supported by SANA, partnerships need to be with established organizations, not only with individuals, and direct links with programs need to be established.*

*SANA-supported activities also had positive impact on policies, programs and projects in several instances, though the extent of this impact is difficult to quantify. Personal accounts of increases in technical skills, particularly training skills, and examples of changes in policies [e.g. Vitamin A in NIDs], and practice changes were recorded.*

*Context and content determine whether regional structures are the most appropriate channels for capacity development activities – there are no hard and fast rules, but lessons from SANA experience suggests that regional structures with strong links to country-level networks and actual programs, can play important coordinating, facilitating and advocacy roles.*

*SANA experience also shows that capacity development initiatives need to be of sufficient size, scope and duration, to warrant time commitments from the partners, and to show results.*

*Due in no small measure to SANA’s activities, nutrition issues have gained greater legitimacy among decision makers, partners, and communities; in West Africa, and in East and Southern Africa during the past few years. Ministers of Health are asking more informed questions about nutrition at regional meetings of the Commonwealth Regional Health Community. Similarly, in West Africa, SANA’s ongoing support for nutrition activities such as PROFILES, and the Focal Points meetings, have given nutrition higher visibility, and predisposed WAHO towards making nutrition one of its priority concerns. There is greater understanding of the multi-sectoral nature of nutrition, and a greater recognition of the impact of malnutrition on health, learning and poverty reduction.”*

## ***Year Six Activities and Accomplishments***

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Key findings and recommendations are for SANA to:

- ◆ Step up dissemination of existing information/tools;
- ◆ Consolidate promising initiatives and broaden and deepen their reach and impact;
- ◆ Address the issue of in-country networking, skills sharing and information dissemination;
- ◆ Broaden the focus of capacity development activities;
- ◆ Maintain and mainstream good partnership practices;
- ◆ Reject dichotomy between achieving results and building capacity; and
- ◆ Help build a common vision for nutrition action in Africa.

SANA will disseminate the findings of the evaluation in 2002. Key audiences for this evaluation report and lessons include USAID, the World Bank, the Africa Nutrition Leadership Initiative, African partners, and others interested in sustainable capacity development in Africa.

### **5. Obtain Six Month No-Cost Extension**

SANA obtained a six-month no-cost extension. The project will now end on March 31, 2002.

## **Final Six Months Activities and Work Plan**

SANA will focus its efforts in the final six months on completing the work that was not finished in Year 6, disseminating tools and lessons, and transitioning to incorporation into the SARA Project. The following activities are planned for the final six months of the project.

### **In East and Southern Africa:**

With the University of the Western Cape:

- ◆ Preparation of a final report;
- ◆ Dissemination of INP materials and lessons learned;
- ◆ Revision of the distance learning materials; and
- ◆ Planning future partnerships.

With the Commonwealth Regional Health Community Secretariat:

- ◆ Provide technical assistance, as needed, for activities being jointly supported by the SARA Project (including nutrition advocacy, information dissemination, capacity development).

With Regional Center for Quality of Health Care/Makerere University

- ◆ Provide technical assistance on nutrition and HIV/AIDS for development of regional guidelines and regional workshop.

### **In West Africa:**

With BASICS/Regional Office:

- ◆ Finalize, produce and disseminate the Regional Nutrition Essentials training modules;
- ◆ Assist with the facilitation of the workshop to disseminate nutrition tools and approaches to pre-service training institutions at the IRSP; and
- ◆ Assist with the facilitation of the workshop to disseminate nutrition tools and approaches to NGO networks at the IRSP.

## ***Final Six Months Activities and Work Plan***

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With the WAHO/Nutrition Focal Point Network:

- ◆ Participate in the planning of the 7<sup>th</sup> Annual Nutrition Focal Points Meeting to be held in Banjul, Gambia in 2002;
- ◆ Assist in the evaluation of the network; and
- ◆ Participate at a meeting to develop a Nutrition Action plan for WAHO.

With the Africa Nutrition Leadership Initiative

- ◆ Assist WAHO with the organization and hosting of a workshop on Nutrition Advocacy.

### **In the Home Office:**

- ◆ Finalize, produce and disseminate the West Africa Nutrition Briefs;
- ◆ Finalize, produce and disseminate the SANA Impact Reviews;
- ◆ Finalize and disseminate the SANA evaluation and lessons learned;
- ◆ Finalize and disseminate the results of the PROFILES evaluation; and
- ◆ Develop a close-out plan for the project, including the incorporation of SANA into the SARA project.

**Work Plan for the Final Six Months of SANA  
(October 2001-March 2002)**

UWC:

- |  |                        |
|--|------------------------|
| ◆ Preparation of a final report                      | Due January 31, 2002   |
| ◆ Dissemination of INP materials and lessons learned | Continuous             |
| ◆ Revision of the distance learning materials        | November 31, 2002      |
| ◆ Planning future partnerships                       | September-January 2002 |

CRHCS:

- |   |                |
|---|----------------|
| ◆ Provide technical assistance, as needed | Roll into SARA |
|---|----------------|

RCQHC:

- |  |                |
|--|----------------|
| ◆ Provide technical assistance on nutrition and HIV/AIDS | Roll into SARA |
|--|----------------|

BASICS/WARO:

- |   |                   |
|---|-------------------|
| ◆ Finalize, produce Nutrition Essentials training modules | February 15, 2002 |
| ◆ IRSP pre-service training workshop                      | Roll into SARA    |
| ◆ IRSP NGO networks workshop                              | Roll into SARA    |

With the WAHO/Nutrition Focal Point Network:

- |   |                |
|---|----------------|
| ◆ Planning of the 7 <sup>th</sup> Annual Nutrition Focal Points meeting | Roll into SARA |
| ◆ Assist in the evaluation of the network                               | Roll into SARA |
| ◆ Meeting to develop a Nutrition Action plan for WAHO                   | Roll into SARA |

With the Africa Nutrition Leadership Initiative

- |  |                |
|--|----------------|
| ◆ Assist WAHO workshop on Nutrition Advocacy | Roll into SARA |
|--|----------------|

## ***Final Six Months Activities and Work Plan***

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### In the Home Office:

- |  |                               |
|--|-------------------------------|
| ◆ West Africa Nutrition Briefs             | February 15, 2002             |
| ◆ SANA Impact Reviews                      | March 15, 2002                |
| ◆ SANA evaluation and lessons learned      | March 15, 2002-<br>continuous |
| ◆ PROFILES evaluation                      | January 15, 2002              |
| ◆ Develop a close-out plan for the project | February 15, 2002             |